The *neostriatal* or *choreiform type* may also be general, hemilateral or local in distribution. There is an acute choreiform type; a choreo-athetosis and athetoid and rhythmical types.

These types may occur in pure form or in combination. Of my series of 25 cases, 18 were of the paralysis agitans type, 4 of the choreiform and 3 of the mixed striatal type.

Thalamic symptoms also occur in encephalitis lethargica.

When present they consist of severe and persistent pain, with disturbances of superficial sensibility, more especially of the pain and temperature sense. Evidences of the complete thalamic syndrome are rarely if ever encountered.

VEGETABLE PROBLEMS IN DIABETIC DIETS.

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A CERTAIN eminent specialist is quoted as saying that "diabetics must not expect a varied diet." That this is not necessarily true I hope to be able to show. The vegetables in common use are only a fraction of those that mankind has found fit for food in one country or another during the thousands of years that gardening has given pleasure to the rich and the poor. There is a vast store of experience on record in the garden literature of the world which diabetics have a special motive in searching for suggestions as to vegetables of value to them and as to methods of cooking to give added variety. Americans have not begun to know the good dishes of Europe, and India, China and other ancient lands must have accumulated culinary discoveries beyond any that we dream of. I am growing this year 81 species or kinds of plants in 255 varieties, and I have accomplished the aim of having some fresh green vegetables of my own growing every day in the year without a greenhouse. I am sure that others can do the same, and I believe that the achievement will bring them new enthusiasm and contribute to the maintenance of health of body as well as of mind.

Everyone needs a hobby, diabetics particularly, to take their mind from their hunger troubles and give them an interest in life. The culture of rare or uncommon vegetables fills their need admirably. Achievement stimulates renewed effort and it is one of the advantages of gardening that there are always new fields to conquer, new crops to test, new problems of succession cropping, how to get vegetables earlier or prolong their season into the winter by storage.

Only those who have been through it can appreciate the food problems of the diabetic patient, who has to face for probably the rest of his life an altered regimen, with strict limitations of kind and of quantity of food, old likes and habits broken up, favorite dishes forbidden, temptations to transgress constantly presented, and with the influence of family and friends often misdirected and imperfect.

The difficulties of the diabetic diet center mainly around the supply of vegetables; the provision of variety at all seasons at a reasonable price and cooked and served in a palatable manner. There is nothing lacking in American soil and climate. We can grow everything somewhere or at some season. Our people, however, have not yet become sufficiently herbivorous for their own good. Meat and potatoes are too much the reliance, flanked by corn, peas or tomatoes, to the neglect of health-giving greens or salads. This reacts against the diabetic in a double way. The onset of the disease compels a greater change in his food habits, and the narrow list of vegetables in common use in the community makes it more difficult to obtain supplies in the markets.

We are further handicapped by our primitive methods of cooking. Many cooks seem to know but one way of cooking vegetables; that is, simply boiling and serving *au naturel.* Vegetables that are young and tender and fresh from the garden require little dressing; but, nevertheless, plain boiled spinach gets horribly monotonous if taken twice daily, month in and month out, and our patient is excusable who breaks diet or gets to doubting whether life is worth living.

A wonderful change has been made in the outlook for diabetics by the discoveries of Dr. Frederick M. Allen and his co-workers. To the student of nutrition we have the most interesting disease in the list. Our chances for a useful existence have been multiplied. The treatment is exact. Our diet can be calculated to the gram and checked constantly by simple tests. Old medical traditions are broken, in that the patient is admitted to a full knowledge of the treatment and trained to handle his own case. His chances for long life may be greater than his healthy brothers.

But the problem of food supply stands where it was, and in this field there is great opportunity for progress and improvement. It is not to be solved by proprietary foods or commercial compounds. They may be useful in special cases, but reliance may better be placed upon Nature's original sources.

There is need to spread the information that many unheard-of vegetables are in existence; that they may be grown with ease, and if demanded by a number of consumers would be supplied by the market gardeners.

Diabetics may be divided into two classes: Those who possess gardens and those who do not. The latter, naturally in the majority, constitute a special problem requiring a new line of effort. Many of the vegetables which are recommended below are to be had only in the larger city markets for a very short period of the year. Many are never seen in the market. How can they be had by the non-gardeners? The physician can assist in creating the demand by interesting the patients in the possibility of enlarging and varying their diet and then putting them in touch with some nearby gardener who will be found willing to produce the vegetables and supply them as needed. A medium of contact between farmer and consumer exists in most communities now in the county agricultural agent or Farm Bureau representative, whose name and address may be had by writing to the State Agricultural College or to the U. S. Department of Agriculture. He is in touch with gardeners and in a position to supply the information needed. If a group of diabetics could be formed to buy together they could make it more worth while to the farmer to take up the new crops and to supply them over a longer season by successive plantings and storage.

In many cases the physicians will be justified in encouraging patients to move to the country or to the suburbs, to do their own gardening, particularly when they have had previous farm or garden experience and are benefited by exercise. With few exceptions regular outdoor activity increases the carbohydrate tolerance and improves the general health to a remarkable degree. It is not always necessary for the city diabetic to change his residence, for the possibilities of nearby vacant lots are often good if the original soil has not been removed or covered and the ground is not shaded by trees or buildings.

The List of Vegetables. The diabetic garden comprises in the main those vegetables which have a low carbohydrate content. We must set in the background many of our standard foods, such as potatoes, sweet potatoes, corn and peas, and Lima, shelled and navy beans, except for the milder cases. Their place is taken by greens and salads, indispensable to every well-balanced dietary through their high contents of salts and vitamines and constipation-controlling bulk.

The reader may be interested in the list of the vegetables I grow and find worth while, though naturally of varying merit:

Asparagus
Basella
Beans, bush and pole
Beets
Cabbage
Carrot
Cauliflower
Celeriac
Celery
Chard
Chenopodium amaranticolor
Chervil
Collards
Corn salad
Cress
Cucumber
Dandelion
Eggplant
Endive and escarolle
Finocchio
Kale
Kohlrabi
Lettuce
Mung bean
Mustard
New Zealand spinach
Okra
Onion, leek and shallot
Orach
Pai-tsai
Parsley
Parsnip
Patience
Pepper
Purslane
Radish
Roquette
Salsify
Scorzonera
Soy bean
Spinach
Squash and vegetable marrow
Tomato
Turnip
Witloof

Corn, peas and potatoes, shelled beans, Lima beans and other starchy vegetables are too high in carbohydrate for severe diabetics, and many of those in the above list can be eaten in moderate quantities only.

Several herbs are useful for flavoring purposes, particularly in connection with thrice-cooked vegetables. Basil, chives, dill, horseradish, mint, sage and many others may be used.

Seeds of most of these can be obtained from the larger seed houses in this country, and all from Vilmorin-Andrieux & Co., Paris.

The Value of Perennials. To maintain a succession throughout the year one needs to give particular attention to bridging the period, of midsummer heat, for which New Zealand spinach basella and chard are valuable, and to have cold-resistant plants to carry production late into the fall and to start it up as early as possible in the spring. The diabetic garden should therefore be well stocked with biennials and perennials. Asparagus comes early, but French sorrel is even earlier. Dandelions are highly prized in the first spring days, especially if brought on early by covering the bed with hotbed sash. The patience dock is another little-known perennial of much merit.

To give the standard methods of culture and cooking of these vegetables would require more space than is available here. There are, however, particular points to be emphasized regarding choice of varieties, succession of supply, storage methods and newer ways of cooking on which the writer's personal experience is contributed.

Blends or Mixtures. I seldom use a single green or salad vegetable alone, but prefer to mix several to add or reduce flavor and substance according to personal taste and the needs of the daily menu. Spinach and chard, for instance, are mainstays in the garden but are rather bland and characterless. The addition of French sorrel, mustard, kale, parsley, pepper or okra remedies this defect. Kale, on the other hand, a much neglected vegetable, has rather too much substance for frequent use by most people and calls for admixture with New Zealand spinach, beet greens and the like. The number of combinations that can be made are almost unlimited and a new interest in the world is provided.

Still more is this true of salads or vegetables served cold, either raw or cooked. Any tender or succulent plant parts may be taken, and on a foundation of lettuce, endive, pai-tsai or witloof one builds a masterpiece or an experiment with asparagus tips, cauliflower, celery, celeriac, chervil, cress, cucumber, mustard, parsley, mung bean sprouts, salsify, sorrel, tomato, apple, orange, grapefruit and so on.

Vegetable Soups. A type of vegetable mixture of very exceptional value to the diabetic is modeled on the Italian vegetable soups. They may be made delicious and different, as rich as a meat soup, though solely of vegetables, and each one a full meal if desired.

The following is a sample. The ingredients may be changed according to taste and the supply available. The essential points are the preliminary frying in fat, the use of some greens and flavoring herbs in the mixture and the long simmering in broth.

Take several vegetables, including onions, a quantity of greens, such as spinach, kale or cabbage, a moderate quantity of celery, parsley and herbs to suit the taste, carrots, kohlrabi, turnips, etc. Place a measured quantity of oil or fat, such as butter, Crisco or cottonseed oil, in the frying pan. Add the finely chopped onion and fry golden brown, then add the greens, similarly finely minced, and cook until the fat is all absorbed; add the remaining vegetables and enough soup stock or water to cover, and simmer until tender. It is more convenient to run all the vegetables through a meat chopper with the coarsest knife than to dice them separately.

Compute the food value of each ingredient as follows:

Vegetable.	Grams.	Protein.	Fat.	Carbohydrate.
Onion	100	1.7	0.3	9.0
Greens, mixed	500	10.0	5.0	15.0
Carrots	200	2.2	0.8	18.0
Kohl-rabi	200	4.0	0.2	14.0
Stringbeans	300	8.0	1.0	18.0
Celery	100	1.1	0.1	3.0
Fat	100	....	85.0	
Total calories	1247	27.0	92.4	77.0

Canned Travel Dinners and Lunches. The diabetic away from home is at a disadvantage which is well overcome if he has weighed and proportioned meals to take with him. Vegetables are readily canned in seasons of abundant supply and set aside with the calories and grams of proteins, fat and carbohydrate marked on the can. This has been made convenient by the Burpee can sealer, a device for sealing sanitary tin cans at home without solder, a process requiring but a short time, and applicable to a single can of surplus material or to a hundred cans. The best sterilizer is the pressure cooker.

In addition to the various vegetable soup mixtures it is suggested that weighed portions of corned beef and cabbage, sauerkraut and ham, or greens and bacon be put up in tin cans, sterilized and held against the time of need.

Cooking Vegetables. The changes in composition of vegetables due to cooking may be considerable when they are boiled in much water and the water discarded. This element of uncertainty often interferes with the exact calculations of dietary values. For the determination of the exact tolerance of a patient, and for cases in which the carbohydrate tolerance is very low, so-called thrice-boiled vegetables are employed—that is, the water of cooking is drained away, more water is added and the vegetables cooked again and the process repeated. Three cookings remove most of the carbohydrate and, unfortunately, also the greater part of the salts and the flavor.

However desirable thrice-cooked vegetables may be in special cases, protest is made against anything approaching this method when the tolerance of the patient does not demand it. For the use of patients possessing sufficient carbohydrate tolerance, nearly all vegetables, and particularly the green, leafy ones, should be steamed in the pressure cooker at a low pressure or cooked with the addition of an absolute minimum of water, in order that their flavor and food value may be preserved. Their composition can then be reckoned on the basis of their fresh weight and the full benefit secured of their salt and vitamine content.

If vegetables are boiled in water and the water drained away a factor of uncertainty is introduced into the computations of nutritive values. Probably half the carbohydrate in spinach and celery is lost and one-third that in most other vegetables.

Asparagus. That this delicious vegetable requires more space than can be spared in the small home garden is a misfortune only partly counterbalanced by its constant availability in cans from California. The U. S. Department of Agriculture has lately bred rust-resistant strains, the Washington asparagus, which excel the old varieties in size and productivity also. I plant spinach and mustard between the rows in earliest spring and thus get two crops from the asparagus bed.

Beans. String beans are a standby, but they are treacherous in a way, because unless picked very young before seeds are formed in the pods they contain more carbohydrate than analyses usually show. It is best to use only the young and still seedless pods, which may be set down as having 40 calories per 100 grams, protein 2 per cent, fat 1 per cent and carbohydrate 6 per cent; whereas more mature stages with well-grown beans may contain as much as 10 per cent of carbohydrates. Excellent varieties of highest quality are Stringless Green Pod and Maule's Butter Wax for the bush type and Kentucky Wonder pole bean. New and distinct are the soy bean and the mung bean. The soy bean is a protein food, a meat substitute, and only the variety Hahto comes into the diabetic's garden, where it replaces the Lima bean, which may have as much as 22 per cent carbohydrate. Soy beans in general are grown in the southern and central states for oil and forage and may be bought in the market and used as baked beans or ground into meal and cooked as muffins. The seeds and pods of all kinds except the Hahto are too small and difficult to pick and shell for garden culture, but the dry soy beans can be bought from seedsmen.

The diabetic who prefers a vegetable to a meat protein will find these soy beans highly useful. Their dry composition is: Protein 43 per cent, fat 20 per cent, carbohydrate 24 per cent, of which not over 8 per cent is believed to be assimilable, making them quite unique among beans from the diabetic standpoint. To cook dry soy beans, soak overnight, boil a while in the pressure cooker, then put into the bean pot with a piece of salt pork and a pint of tomatoes and bake rather longer than for navy beans. Soy beans will not, as a rule, cook as soft as common beans. The variety Easy Cook is an exception. The composition of baked soy beans may be roughly estimated as one-half the corresponding weight of dry beans.

Since confectionery is scarce in the diabetic menu it may be mentioned that roasted soy beans are as good as roasted peanuts, and much safer. They are prepared as follows: Take ordinary soy beans and soak them overnight in salted water. Cook an hour, drain and spread thinly on tins and roast in a moderate oven until crisp.

Hahto is a variety with large seeds which I have found of easy culture and worth while in a large garden where space is available. The plant is a vigorous grower, requiring three-foot rows, three or four seeds to the foot and the whole season for development, from the end of May to frost. Gather the pods when the beans are full-grown. Boil in water five minutes to make shelling easier, shell and can the beans as you would Limas—that is, fill the raw beans into cans, cap and process forty minutes in the pressure cooker. Their estimated composition when cooked and canned is: Protein 20 per cent, fat 13 per cent, carbohydrate 4 per cent.

Mung bean sprouts are distinctly a novelty except to those who frequent Chinese restaurants. The bean is a very small oriental type which one buys at Chinese supply stores or grows from seed procured from the Department of Agriculture at Washington. Their special claim to merit is as a winter salad, for mung bean sprouts are one of the links in the all-the-year-round chain of salads. They grow in the kitchen and require only five days from planting time to harvest. No diabetic can afford to be without them. Proceed as follows: First catch your mung beans. Wash 50 grams and soak overnight in water. Place in a covered butter-jar or other crock with only a thin film of water. Twice daily flood with fresh water and drain; this prevents the growth of moulds and bacteria. The green outer skins of the beans float off in the washing, leaving the white sprouts, which are ready to use when they have attained a length of one to two inches. To prepare for the table, wash and dip for two minutes in boiling water, then plunge into cold water and serve on lettuce with French dressing, or the mung beans may be incorporated with a chop-suey mixture of minced chicken and chopped celery or other vegetables, in which case the other ingredients are cooked in a stew pan and the mung beans added just as cooking is completed.

Cabbage. We hurry over this vegetable, merely passing to remind the reader of the possibilities of red cabbage as a desirable change and of the fact that the crumpled-leaved savoy type is of richer flavor than the common kinds and keeps better in the winter. Sauerkraut visits our table regularly only since we began making it ourselves and discovered the high quality of kraut from home-grown summer cabbage. We plant the variety Copenhagen, which matures in July. Wash and split the heads, slice into a barrel with one pound of fine salt to each forty pounds of cabbage; cover with a board and weight and let stand in a warm room, 70° to 80° F., for three weeks, skimming as necessary; then take the kraut out and can in tin cans with the Burpee sealer or fill into stoneware jars and cover with melted paraffin to exclude all air. Nothing is easier and nothing is better.

Collards. Collards are plants of the cabbage family, much grown in the south on account of their resistance to summer heat and autumn and winter frost. They are worthy of more general trial farther north for eating as cabbage greens. The culture is exactly like cabbage. The collards are tenderer after frost and stand cold to about 12° F. if not too prolonged.

Couve Tronchuda, or Portugal Cabbage. This is a plant grown for its thick leaf stalks. It is at its best in rich, moist soil and a cool climate.

Celeriac, or Turnip Root Celery. This is grown just like common celery as to planting and transplanting, but requires no earthing. The edible part is the enlarged root. Celeriac is used as a cooked vegetable or in soups, but with us mainly in salads. The roots are cleaned, cut in thin slices and these blanched in boiling water five to ten minutes and served with lettuce or other green leaves. The composition is estimated at 6 per cent carbohydrate. Celeriac keeps in a cool cellar better than any other vegetable I have, being still firm and fresh at the beginning of June.

Celery. Celery is of use not only in its raw state but as a cooked vegetable.

Boiled Celery: Cook the outer stalks of celery, cut into small pieces, in boiling salt water for five minutes, then drain and sauté in butter. Add meat stock to cover and simmer until tender. Serve with a sprinkling of grated cheese.

Celery is also an important flavoring ingredient in the vegetable soups, and an early planting is needed in the garden for this purpose in addition to the main crop to be stored for winter.

Chard. Chard is becoming better known. There are really two vegetables here, a summer spinach represented by the Lucullus chard, which produces very large, crumpled leaves, cooked as greens, and a summer asparagus, derived from the much enlarged leaf stalk of the white-ribbed Swiss chard. Try the following method of cooking the latter:

Fried Chard: Take the large leaf stalks, strip off the green leafy part, which may be cooked separately as spinach, and cut the stalks into four-inch sections, boil until tender, drain dry and sauté in bacon fat or oil, turning and frying each piece separately.

Eggplant. Eggplant is very useful to us, not only in season but canned, to serve as the basis for a baked luncheon dish, as follows: 200 grams of eggplant, 1 egg, ½ cup of washed bran and 10 grams of grated cheese. Boil the eggplant in salted water; wash and mix with the egg, bran and cheese; fill into an individual baking dish and bake in the oven until brown. Serve with butter.

Endive and Escarolle, or Batavian Endive. These are worthy of the highest rank, since they fill in the late fall and early winter period with a salad that is richer, nuttier and crisper than lettuce, and can be kept long in storage. They are plants of the chicory family that form broad, circular rosettes or mats of leaves, and are covered or tied up to blanch the center. They are cool-weather plants and thrive in the autumn months, but do not endure hot weather well. Plant from June to August and transplant the young seedlings to rows eighteen inches apart, twelve to fifteen inches in the row. Give plenty of room, water and fertilize liberally to secure the large plants that will give nicely blanched centers. When grown and about three weeks before using, gather the outer leaves together and tie them over the heart of the plant with twine or raffia. Blanch only as needed, as endive tends to decay if water gets into the tied-up and blanched hearts. Before heavy frosts, take up the plants and set into a cold frame, with all possible earth adhering to the roots; tramp firmly and water the roots, but not the tops. Cover and add protection in the form of hay or straw as cold weather comes on. In this way endive may be carried in good condition past midwinter. The white center leaf stalks only are used for salads, with French dressing or mayonnaise. Try grapefruit in combination with it. Endive and escarolle may also be cooked for greens.

Finocchio. Finocchio is an Italian vegetable related to the carrot, but in appearance reminding one more of celery. The edible parts are the swollen bases of the leaf stalks. The culture is simpler than for celery. Sow in place, thin to 4 inches to 6 inches in 2-foot rows; earth up to bleach when fully grown. Cook in soup mixtures or like celery.

Kale. Kale is a plant that should be in every diabetic's garden. It exists in various types and goes far toward bridging over the cold weather period, both in spring and in fall. The first greens of the season here come from Siberian or dwarf Scotch kale, sown about the end of August, which overwinters and sends up a succulent new growth in March. I plant tall curled kale in early spring for all summer, gathering the lower leaves as formed and later the stem sprouts. The main planting goes in after the spring vegetables are over. The seed is sown June 20 and the plants moved to their permanent rows early in July.

Kohlrabi. Kohlrabi is another indispensable vegetable. This is a cabbage relative with a swollen bulb-like stem, which one eats like cauliflower or turnip. It is as good as the former when gathered young, 2 inches or 3 inches in diameter, can be grown all summer by making successive plantings and the fall crop keeps well in storage until spring.

Leeks. Leeks have special merit, through their winter hardiness, in extending the onion season. They mature late in the fall and may be stored in pits, packed in earth like celery or left in place and lifted whenever the ground is not frozen. They are especially welcome in early spring.

To have onions the year round is an object on account of the use we make of this vegetable for flavoring greens and salads and soups. There is an Egyptian or top set onion which is planted in the fall, is winter hardy in Washington and ready to use in early spring. Beginning then with leeks as soon as the ground thaws and following closely with the Egyptian or Catawissa onion, the season is maintained by the green onions grown from sets of Danvers or silverskin planted as early as possible in the spring. These are delicious when cooked. They mature in midsummer, and if thoroughly cured by drying will keep into the winter. Shallots keep even better and assist in maintaining the onion succession.

Orache, or Mountain Spinach. Orache is a relative of spinach but a larger plant. If it has a special place in the collection of greens it is in coming later in summer, after spinach has run to seed, and in its flavor, which reminds one of lambs' quarters. Sow orache in May in drills two feet apart. It is not in the market.

Mustard greens are comparatively little grown but are of much merit. There are several varieties of Chinese origin, one type with broad leaves and one much curled, like curly kale. Mustard can be sown in earliest spring and again in the fall, but does not thrive in midsummer heat. The young leaves make an ingredient of salads. I like the Fordhook fancy curled for this purpose and for general spring culture and the broad-leaved or elephant ear for fall planting. Mustard greens go especially well in mixture with spinach.

Pai-tsai is the proper name for a Chinese vegetable sometimes called celery cabbage and Chinese cabbage; an upright cylindrical head, less compact than the common cabbage, with light green outer leaves but white and tender at the heart. This is an autumn crop and of particular value for storing, as it provides a winter salad of exceptional merit.

The cardinal points of success in growing pai-tsai are late sowing, (July 15 in Washington), a rich soil with abundant moisture, and liberal fertilizing to induce a rapid growth. To store for winter, use an empty hot-bed pit; take the plants up with roots and earth adhering, pack tightly in the pit, keep the soil moist, the heads dry and protect from frost, as pai-tsai is more tender than cabbage. The blanching process goes on in storage, and when taken out the heads should be crisp, white and tender, one of the most delicious salads on the list. This vegetable can now be had in our markets at certain periods. It thrives wonderfully in winter gardens in southern Florida.

Patience Dock is a relative of the sorrel, possessing a similar pleasant acid flavor and very productive throughout the summer. There is also an African dock, *Rumex abyssinicus,* lately introduced by the U. S. Department of Agriculture, which is adapted to the warmer parts of the country. Its leaves are strongly acid and the stems and petioles cook up into a rhubarb substitute of merit, because still palatable after thrice cooking, a process that completely ruins rhubarb.

French Sorrel should be in every diabetic garden for two reasons, its distinctive flavor and its early season. The plant is perennial, of easy culture, commencing growth before spring frosts are over and continuing to yield pickings through the season, except in midsummer. The broad-leaved, cultivated sorrel has the same oxalic acid flavor we know in the common wild sorrel. We like it occasionally by itself, but more for mixing with spinach or chard. The tender leaves are also valuable in mixed salads. I have never seen sorrel on sale in the market.

All these acid and bitter vegetables possess special merit for salt-free diets, since they are greatly relished by patients from whom common salt is withheld in the treatment of nephritis, arteriosclerosis, etc.

Vegetable Marrow is a type of squash deserving more general culture because it has more substance and a finer flavor than our common summer squash. The vining varieties are too vigorous growers to be let into the small garden. They delight in covering rubbish-heaps or manure-piles, but there are bush varieties also, adapted to more limited space. Try the following of many ways of cooking:

1. Fried Marrow: Gather the fruit while young and tender, cut into slices and fry in the same manner as eggplant.

2. Vegetable Marrow au Gratin: Peel well-grown marrows, remove the seeds and parboil in slightly salted water; cut into pieces and place in layers in a buttered baking dish, sprinkling each layer with salt and pepper and finely minced parsley and a little butter; cover with crumbled bran biscuits and grated cheese and bake thirty minutes. Serve hot.

Witloof (sometimes in the market as endive or French endive) is particularly to be recommended because it furnishes a superb salad during the winter months and can be forced in the cellar by anyone having a couple of square feet of space near the furnace.

Witloof is a kind of chicory much grown in Belgium. It is planted and cultivated like parsnips and produces long, white roots, which are taken up, packed in boxes and later brought into a warm cellar and watered. The heads form in three weeks or so. When these are cut a crop of slender sprouts follow. It is relatively easy with six to eight boxes of witloof to maintain a succession of fresh salad from Christmas until May.

Witloof roots can be purchased and forced by those who have no gardens. To make sure of them it is well to arrange in advance with a gardener to have the crop grown.

Vegetables in the Ornamental Garden. Several of the vegetables suited for diabetic diets are beautiful plants, worthy of a place in the ornamental border, and as they will grow in partial shade if well watered they may be planted in beds along building lines and walls or fences or bordering walks and lawns when no space is available for a kitchen garden. All forms of chard are handsome plants, particularly the red Chilean and yellow Chilean, which have bright red or yellow leaf-stalks. If set a foot apart they will grow two feet or more high.

Chenopodium amaranticolor is a lambs'-quarter from Algeria, with brilliant maroon buds and young leaves, which are eaten as spinach. The special merit of this plant is that it withstands thrice cooking particularly well. In my garden it forms a hedgerow six feet high.

Finocchio is a pretty plant with delicate feathery leaves. Tall curled kale is also handsome. The red orach has red bronze foliage as effective as many ornamental bedding plants.

DEFECTS OF MEMBRANOUS BONES, EXOPHTHALMOS AND POLYURIA IN CHILDHOOD: IS IT DYSPITUITARISM?[1]

By Alfred Hand, M.D.,
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In the *Transactions of the Pathological Society of Philadelphia*, vol. xvi, 1891–93, under the heading "General Tuberculosis," and also in the *Archives of Pediatrics*, vol. x, 1893, with the caption "Polyuria and Tuberculosis," I made the following report, exhibiting the specimens to the society:

On December 1, 1892, a boy, aged three years, was admitted to the Children's Hospital with a history of great thirst and polyuria which had begun suddenly eight weeks before. He had had enterocolitis at five months of age and croup and measles together at two years. The family history was negative, the parents, three brothers and two sisters being alive and well. One younger sister died of enterocolitis. There had been no miscarriage.

The examination showed the boy to be undersized and puny, with light hair, brown eyes and a bronzed, dry skin. The eyes were

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[1] Read before the American Pediatric Society, May 31, 1920.